

# Steaming Vegetables Without a Steamer: The Best Methods and Tips

Vegetables are a natural, healthy addition to any meal. But, how do you cook them without a vegetable steamer?

## **What is steaming?**

Steaming is a great way to cook vegetables without using any oil. It also helps to retain nutrients and keep vegetables from getting overcooked. The best way to steam vegetables is to use a steamer basket. This will allow the hot air to circulate around the vegetables and cook them evenly. If you do not have a steamer basket, you can still steam your vegetables. You will just need to be more careful not to overcook them.

## **Here are some tips for steaming vegetables:**

- Cut the vegetables into even pieces so that they will cook evenly.
- Add the vegetables to the steamer basket or pot of boiling water.
- Cover the pot or basket with a lid and let the steam cook the vegetables for 5-10 minutes, depending on their size and type.
- Check on the vegetables occasionally so that they do not get overcooked.
- Once they are cooked, remove them from the heat and serve immediately.

## **Types of vegetable steamers**

There are a few different ways that you can steam vegetables without a steamer. One way is to use a pot with a lid and a colander that fits inside. Place the vegetables in the colander, put the lid on the pot, and bring the water to a boil. The steam will rise and cook the vegetables. Another way is to use a bamboo steamer basket. Place the bamboo basket in a pot of boiling water and then place the vegetables in the basket. The steam will rise and cook the vegetables. Finally, you can place a metal rack or cooling rack in a pot of boiling water. Place the vegetables on the rack and cover with a lid. The steam will rise and cook the vegetables.



## **Best time to steam vegetables**

There are a few things to keep in mind when steaming vegetables without a steamer. First, make sure the vegetables are cut into uniform pieces so they cook evenly. Second, don't overcrowd the pan—vegetables need room to steam and if they're too close together, they'll just boil. Third, add enough water to the pan so that it comes up to the level of the veggies, but don't let it touch them. And fourth, put a lid on the pan so the steam can do its job.

**Now that you know the basics, here's a look at some of the best vegetables to steam and when they're in season:**

Asparagus: Spring

Broccoli: Year-round

Carrots: Year-round

Cauliflower: Year-round

Green beans: Summer

Peas: Spring/Summer

## **Tips for better steaming**

If you don't have a steamer, there are still plenty of ways to get your veggies nice and roasted. Here are some tips:

- Cut vegetables into small pieces so they cook evenly.
- Preheat your pan before adding oil to it. This will help prevent sticking.
- Use a little bit of water in the bottom of the pan to create steam. Just be sure to watch the water level so it doesn't boil dry.
- Cover the pan while cooking to trap in the steam and cook the veggies more evenly.

- Check on your veggies often, stirring as needed, until they're cooked to your liking.